

# Tolerance Breaks (“T-Breaks”)

Recent studies have explored the phenomenon of cannabis tolerance breaks (“T-breaks”) among young adults. These breaks involve temporary abstinence from cannabis use, often aimed at reducing tolerance and enhancing the effects of subsequent use. While cannabis use breaks are relatively common, T-breaks are less frequent, and frequent cannabis users are more likely to take them. In 2021, approximately 40% of undergraduate students reported using cannabis at least monthly, and 14.6% reported using cannabis daily or almost daily.

Research indicates the impact of T-breaks on cannabis use patterns can vary. One study suggested taking a T-break was associated with an increase in hazardous cannabis use and Cannabis Use Disorder (CUD) severity, suggesting that T-breaks may indicate a higher risk of problematic cannabis use. However, longer cannabis use breaks for other reasons were linked to a decrease in hazardous cannabis use, CUD severity, and cannabis use frequency.

## ✦ UVM T-Break Guide

A guide from the University of Vermont offers a structured approach to cannabis tolerance breaks, designed to support individuals through a 21-day abstinence period. It divides the experience into three distinct weeks, each focusing on a different aspect of the break: physical, emotional, and social. By providing daily activities, advice, and encouragement, the guide aims to help participants reassess their cannabis use habits and successfully complete their breaks.

### UVM T-Break Guide

- **Physical focus (Week 1):** Addresses potential withdrawal symptoms and physical adjustments.
- **Emotional focus (Week 2):** Helps participants navigate emotional experiences related to abstinence.
- **Social focus (Week 3):** Emphasizes connection and behavioral aspects of cannabis use.
- **Daily support:** Provides activities, advice, and encouragement throughout the program.
- **Reassessment of habits:** Encourages reflection on cannabis use patterns and future planning.

## ♦ Articles

- CANNABIS USE BREAKS IN YOUNG ADULTS: THE HIGHS AND LOWS OF TOLERANCE BREAKS



- FEASIBILITY AND UTILITY OF A STRUCTURED GUIDE FOR CANNABIS TOLERANCE BREAKS IN YOUNG ADULTS



- WHAT ARE TOLERANCE BREAKS AND WHY DO YOUNG ADULTS TAKE THEM?



## ♦ Benefits of Reducing Cannabis Use

- Reduced risk of Cannabis Use Disorder.
- Enhanced mood.
- Better physical health.
- Financial savings.
- Reduced anxiety.
- Better attention, focus, and mental clarity.
- Improved sleep.
- Increased attendance in classes.
- Could positively impact GPA.
- Reduced risk of dropping out of college.

*UNIVERSITY POLICY  
PROHIBITS USE,  
SALE, OR  
POSSESSION OF  
CANNABIS ON  
CAMPUS*



### RESOURCES AT USM

If you or someone you know is struggling with their mental health and/or substance use, here are some on-campus resources:

**Screen U** - An anonymous, confidential, and free screening to help you understand your level of risk – available on USM's Counseling Services website.

**USM Counseling Services** - Schedule an appointment with a counselor or sign up for a **BASICS** session (Brief Alcohol Screening and Intervention for College Students).

**The ROCC** (Recovery-Oriented Campus Center) - A collegiate recovery program which assists and inspires student success via academic pursuits and personal journey.

FOR COMMENTS ON THIS NEWSLETTER OR SUGGESTIONS, PLEASE CONTACT:

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